

E.P.P.U. (Educational Psychology Practicum Unit)

Need support?

EPPU provides confidential psychological and academic support to students.

AVAILABLE SERVICES

- Therapy
- Career guidance
- Assessment accommodations

ACCESSING EPPU SERVICES

Follow the simple steps below to make an appointment.

STEP 1: Initial Contact

Email eppu@sun.ac.za and include your:

- Full name
- Support needs
- Preferred appointment times

STEP 2: Complete Referral Form

You will receive an EPPU referral form via email. Complete the form and send it back to eppu@sun.ac.za.

STEP 3: Allocation of Support

The EPPU administrator allocates a therapist based on your referral information.

STEP 4: Appointment Confirmation

You will receive a confirmation email with the date, time, and location of your first appointment.



IMPORTANT

All information shared with EPPU is treated confidentially.

Reaching out for support is a positive step in your academic and personal journey.

Educational Psychology Practicum Unit (E.P.P.U.)

you O.K.?

Support is available — on campus and beyond.

You are not alone.

ON-CAMPUS SUPPORT

Stellenbosch University

Campus Security (24 Hours) **+27 21 938 9507**

Campus Health Services **+27 21 808 3496 / 3494**

Centre for Student Counselling and Development (CSCD)

24-Hour Crisis Service **+27 10 205 3032**

CSCD Office **+27 21 808 4994**

Equality Unit

(Report discrimination, harassment, gender-based violence, LGBTQIA+ support)

+27 21 808 3136

Mental health & crisis support

South African Depression and Anxiety Group (SADAG) **0800 567 567 SMS 31393**

24-Hour Suicide Crisis Line **0800 567 567**

24-Hour Mental Health Helpline **0800 456 789**

24-Hour Substance Abuse Helpline **0800 12 13 14 SMS 32312**

Lifeline Western Cape **0861 322 322** WhatsApp Call: **063 709 2620**

24-Hour Rape Crisis Helpline **021 447 9762** WhatsApp: **083 222 5164**

For a comprehensive overview of student support services throughout your academic journey at Stellenbosch University, visit:

<https://www.su.ac.za/en/students/support>

EMERGENCY CONTACTS

EXTERNAL SUPPORT SERVICES

South African Police Service **10111**

Cellphone Emergency Line (works without airtime) **112**

Ambulance Services **10177**

Fire Department – Cape Winelands **021 887 4446**

Poisons Information Helpline – Western Cape **0861 555 777**

IMPORTANT

If you or someone else is in immediate danger, call emergency services immediately. Reaching out is a sign of strength.